

Aug. 11, 2014



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Farewell: In a few short days, I will carry out the bittersweet duty of relinquishing my command, and moving on from Rock Island Arsenal to a new assignment. Though this is not the first time I've had to bid farewell during my career in the Army, this departure is especially poignant for me and my family, because the Quad Cities area is simply the best community we have lived in during my 33 years of service.

As I discovered when I arrived here in September 2012, the Quad Cities area is a very friendly and welcoming community, and is especially supportive of those who serve in our military or who are veterans of past service. There is a unique and enduring partnership in place between the Arsenal and the Quad Cities, and I've seen that partnership grow and strengthen during my time here and it is special. We are engaged

with, and inexorably tied to, this community and to the nation at large, because we are your Army, and this is your Arsenal. For over 150 years Rock Island Arsenal has maintained a reputation as a center of excellence for logistics, a reputation based on the outstanding skill, dedication and expertise of the



"HOME OF US ARMY LOGISTICS"



dedicated service members, civilians and contractors who are the Arsenal workforce. As I've seen for myself over the past two years, there is no job too large for them, nor any challenge that they aren't willing to take on and meet. They are unsung heroes carrying out missions that are absolutely vital to the ability of America's military to fight and win on the battlefield when our nation calls. The U.S. Army Sustainment Command, which it has been my privilege to lead, sustains U.S. Army and joint forces. We have a worldwide workforce of nearly 70,000 people, eight Army Field Support Brigades, and 73 Logistics Readiness Centers with a presence in 19 countries and 32 states. We manage the Army's supply chain, for the Army Materiel Command, and we've succeeded in completing that critical mission with excellence over the past 13 years of combat. Whether we are equipping home station Army units to project our nation's power, sustaining our forces in Afghanistan, supporting Special Operations in Africa, supporting the Department of State, modernizing and positioning equipment in the Pacific theater, or supporting humanitarian relief efforts around the globe, we are a world-class organization based on a world-class installation. Recently, signs proclaiming Rock Island Arsenal as

"Home of U.S. Army Logistics" went up at our three main entrances. These signs make a bold statement, one that is backed up by what we do here every day and by the many contributions and improvements to logistics made here over the years. Our nation's top leadership has grown increasingly aware of the Arsenal's role in maintaining combat readiness, and I believe this bodes well for the future. I depart with many fond memories and with best wishes to everyone at Rock Island Arsenal and in the Quad Cities area. Thank you so very much for all that you've done for me, for my wife, Rebekah, and for our children, John Paul and Katie, during our time in this beautiful community that became our home. Above all, thank you for all that you continue to do in support of our military, our veterans, Rock Island Arsenal. You gave us so much more than we gave you. May God bless each and every one of you, the Quad Cities, our Army, and this great nation of ours.

- Maj. Gen. John F. Wharton,
Commanding General, U.S. Army
Sustainment Command, and
Commanding General Rock Island
Arsenal and U.S. Army Garrison-Rock
Island

Upcoming Dates

- Aug. 17:** HSC IOWA National Guard Training, RIA STX Lanes/Test Track, 8 a.m.
- Aug. 21:** ASC Change of Command, Memorial Field, 10 a.m. – 12 p.m.
- Aug. 21:** Sexual Assault Review Board, Bldg. 390, 10:15 a.m.
- Aug. 21:** AMC Band Concert on the Lawn, Quarters One, 6-8 p.m. [!\[\]\(cf5be311f7b2821912d8009884508fa2_img.jpg\)](#)
- Aug. 22:** Garrison Town Hall, Baylor Conference Room, Bldg. 103, 1 p.m.
- Aug. 22-24:** Tribute to the Fallen, Davenport Memorial Park [!\[\]\(9804e70d96ff9fe9899b264c06a33cd7_img.jpg\)](#)
- Aug. 23:** LOGCAP Support Brigade Change of Command, Constitution Sq., 10 a.m.
- Aug. 23:** ACS Military Family Night [!\[\]\(4f49380f3d6bce047bc47b2072cc076f_img.jpg\)](#)
- Aug. 23:** 3rd Annual COL Davenport House Croquet Party, 2 p.m.
- Aug. 23:** Punt, Pass & Kick Competition, Cannon Flats [!\[\]\(73944fd4f6fb83e4c64013731d1820cc_img.jpg\)](#)
- Aug. 26:** National Women's Equality Day Observance, Heritage Hall, 1-2 p.m. [!\[\]\(d8f7165d5a8d1eba426ea452457190e5_img.jpg\)](#)
- Aug. 26:** Active Shooter TTX, Baylor Conf. Rm., Bldg. 103
- Aug. 26:** ACS Recruitment & Military Spouse Night [!\[\]\(f608c4821f4fa8f3141b1baf96fa88f9_img.jpg\)](#)
- Aug. 26-27:** In-processing Resiliency Training
- Aug. 28:** Newcomer's Orientation & Tour of RIA, Arsenal Island Golf Clubhouse, 8 a.m. [!\[\]\(ecaac2a7ce9fc9f5de2e0b330d2ae13c_img.jpg\)](#)
- Aug. 28:** Council of Colonels, Arsenal Island Golf Clubhouse, 11:30 a.m.
- Aug. 29:** Military Training Holiday
- Aug. 29:** Quarters One Ghost Hunters Dinner Tour [!\[\]\(f9b536c6b3afa5ea31dceef88a94e509_img.jpg\)](#)
- Sept. 19:** National POW/MIA Recognition Day Ceremony, POW/MIA Marker, Rodman Ave. [!\[\]\(d6dd49217bf3ceede8ee3a91c4ef7927_img.jpg\)](#)
- Oct. 9:** Illowa Bi-State CFC Kick Off, Heritage Hall, 11 a.m. – 1 p.m.
- Oct. 25:** Army Retiree Appreciation Day, Heritage Hall, Bldg. 60



RIA Sgt. Audie Murphy Club Inducts New Members:

Members of the Rock Island Arsenal Sgt. Audie Murphy Club welcomed four new members into their ranks at a ceremony in Heritage Hall here, Aug. 12. Sgt. 1st Class Curtis Benjamin, a maintenance noncommissioned officer, Sgt. 1st Class Darrell Buck, a senior logistics NCO, Sgt. 1st Class Jason Urquhart, a logistics services NCO, all assigned to U.S. Army Sustainment Command, and Staff Sgt. Marie Sanders-Gulas, an acquisition logistics and technology NCO assigned to the Army Contracting Command-Rock Island, are the newest members of the elite club. ([More](#))



Decorated World War II Veteran Visits Joint Munitions Command:

Decorated World War II Veteran, Mr. Henry Langrehr, visited the U.S. Army's Joint Munitions Command headquarters here, Aug 8, to share some of his wartime experiences. Brig. Gen. Kristin K. French, JMC



commanding general, invited Mr. Langrehr and his family to visit the command. He was accompanied by his wife, Arlene; daughter, Karen; son-in-law, Rob Winters and grandson, Hobs Winters. ([More](#))

Government Bridge Draws Our Communities Together:

If there's a greater workhorse in the Quad-City economy than the Government Bridge, it would be hard to find. Thousands of people drive over its first deck each day to go to work at the Rock Island Arsenal. Its swing span opens the door to more than 15 million tons of commodities a year. ([More](#))



Walking Tours of Locks & Dam 15:

Walking Tours of Locks & Dam 15, conducted by U.S. Army Corps of Engineers park rangers, are scheduled for **Aug. 16**, at 11 a.m. and 2 p.m. Each tour will last approximately one hour and is weather dependant. Tour size is limited and



US Army Corps of Engineers®
Rock Island District

proper footwear is required. No open toe shoes, sandals or high heels will be permitted. Call (309) 794-5338 for information or to register. Additional future dates are **Aug. 23** and **30**.

Cannon Fire Alert:

The Army Sustainment Command will fire cannons during the Change of Command rehearsal at approximately 3 p.m. on Wednesday, **Aug. 20**, and again during the ceremony on Thursday, **Aug. 21**, at approximately 10:30 a.m.



ASC Change of Command Ceremony:

Army Sustainment Command will hold its change of command ceremony Thursday, **Aug. 21**, at 10 a.m., at Memorial Field; in the event of inclement weather, the ceremony will be moved indoors to Heritage Hall. During the ceremony, Maj. Gen. Kevin G. O'Connell will become commanding general of ASC, replacing Maj. Gen. John F. Wharton. Gen. Dennis L. Via, commanding general of the U.S. Army Materiel Command, will preside at the ceremony. Maj. Gen. O'Connell will lead a global command with a critical logistical



mission, and will also command Rock Island Arsenal, the "Home of U.S. Army Logistics."

Tribute to Our Fallen: Since its inception in the summer of 2004, one year after the onset of Operation Iraqi Freedom, a small group, now known as the Mississippi Valley Patriots, has put together a special event to honor those brave souls who had made the ultimate sacrifice. Today the "Tribute to Our Fallen" annual event, held at the Davenport Memorial park, has grown exponentially. The first few years were dedicated solely to the military in Iraq, Afghanistan, the first responders and civilians lost on 9/11. Since 2008's event, veterans of all eras have been included in this very special remembrance. This event is held the last full weekend in August (every year) and is free to the public. Tribute to Our Fallen is staffed around the clock from the Opening Ceremony. Friday, **Aug. 22**, at 7 p.m., to the closing ceremony, Sunday, **Aug. 24**, at 4 p.m. There are several events scheduled throughout the weekend. Please view our [website for additional information](#).



Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Sept. 12, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Aug. 21**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?"
Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone

marrow, and organ donor/transplant programs. For additional information [click here](#).

First Time Blood Donors Needed:

Recruit a first time blood donor & be entered into a drawing for a MVRBC hooded sweatshirt. Rock Island Arsenal blood donors are being asked to reach out to their "non-donor" co-workers and friends, and invite them to give blood at one of the august blood drives. Any current donor who recruits a first time blood donor in August will be entered into a drawing for a MVRBC hooded sweatshirt.



Rock Island Arsenal Welcome Club

Registration Kick Off: Please come join us for the Rock Island Arsenal Welcome Club

Registration Kick Off on **Aug. 27**, 11 a.m. - 2 p.m., at 1875 East Street (Quarters 7) on Rock Island

Arsenal. This event is open to all military spouses of all rank structure, Reserve and Guard spouses, retired military spouses, DoD civilian employee spouses, retired civilian employee



spouses. This will be the time to sign up for the 204-2015 Club year. There will be a number of vendors present to share their wares, door prizes, refreshments, activities for the young children in attendance, and a special prize drawing for the person who brings the most guests and they register for the year. *Disclaimer: RIAWC is a private, not for profit non-federal entity. It is not a part of the Department of Defense or any of its components and it has no governmental status.*

Newcomers Level I Antiterrorism

Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on **Aug. 27**. The training is offered Arsenal wide and enrollment is encouraged thru [TEDs](#). Course Title: Garrison Antiterrorism Level I training (new employees), then enroll under the appropriate date. For tenants without [TEDs](#) access, the briefing will be in Bldg. 90, 2nd floor, Room 25, 8-9 a.m. For more information, contact Mike Luchner at (309) 782-4577.

Halloween in September Murder at

the Lodge: Women In Defense 2nd Annual Halloween Murder Mystery Dinner: Friday, **Sept. 19**, at The Lodge, Bettendorf. \$40 per person/WID

members \$35 per person. (Includes door prizes, Taco Buffet, prizes for 1st, 2nd & 3rd Best Costume). Registration/payment due by Sept. 12. Flyer may be found at: www.widiic.org. Time: **6:30 p.m.**

National POW/MIA Recognition Day

Ceremony: On Friday, **Sept. 19**, the Rock Island Arsenal will host a POW/MIA Recognition Day Observance. "Missing... Seeking Answers" is the theme for this year's Recognition Day. The ceremony will be held at the POW/MIA Marker on Rodman Avenue, across from the War Remnants display, in Memorial Field, beginning at 10 a.m. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are



Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([More](#))

Cards for the Troops: Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7th Annual Cards for the Troops. Hand-made rubber stamp art cards are created with the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to mssipple1@gmail.com. Packagers needed also. Please bring one roll of Scotch double-sided tape; all other materials supplied.

Week 3 Antiterrorism and OPSEC Measures in Contracting:

Terrorists can attack anywhere, anytime - the threat is real. Contracted support, especially service and construction contracts, are vulnerable to terrorist exploitation, at home and in contingency operations. Requiring activities, contracting organizations and contractors



themselves all play a vital role in protection against terrorist acts. Antiterrorism and Operations Security considerations must be taken into account when conducting both contract support pre-award and post-award tasks. Each contract has unique AT/OPSEC considerations. There is not one model that fits all contracts. Implementing AT/OPSEC measures require a moderate degree of coordination and effort and the unit AT/OPSEC officer are key individuals responsible to ensure AT/OPSEC matters are considered in this process. By embedding AT /OPSEC awareness throughout the contracting process, the Army as a community is better protected from terrorists. The requiring activity is responsible for ensuring that the AT/OPSEC checklist is completed, approved, and signed by AT/OPSEC officers. The reviews may be conducted simultaneously. In the case of a simultaneous review, separate cover sheets may be used. Contracts cannot be awarded without a signed checklist. The requiring activities ATO and OPSEC Officer are responsible for integrating AT-related security actions into relevant contract support requests. Close coordination between the ATO/OPSEC Officer, the staff officer drafting the contract support requests, and the contracting officer is critical to

successfully incorporate the requisite AT/OPSEC measures into the entire contracting process from initial planning to contract closeout. The requiring activity ATO and OPSEC Officer must review the performance work statement, Quality Assurance Surveillance Plan and proposal evaluation factor documentation for contracted services; a description of the requirement, specifications and drawings for construction requirements, and item or product quantities and descriptions for contracted supplies, to determine if current protection measures, installation/facility access, contractor verification, and physical security procedures are sufficiently identified to mitigate AT/OPSEC risks. If the requiring activity determines that there is only one source capable of acceptable performance or delivery, each justification and approval must be included for review. The requiring activity ATO and OPSEC officer will determine if requirements package or contract AT/OPSEC language and clauses are sufficient. The officers will document sufficiency or required changes to the documentation on the Contract Requirements Package Antiterrorism / Operations Security Review Cover Sheet. The officers are responsible to coordinate the

ATO/OPSEC review with other protection function staff members as appropriate for additional risk analysis. Please, contact your organizational antiterrorism officer or operation security officer for further guidance.

VIOS Schedule for August, September, October, November, and December: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Sept. 9, 10, & 11; Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official



government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees –* **Chocolate Manor, 110 E 2nd St., Davenport:** We are offering a 10% discount to military and civilian employees on our gourmet, hand-crafted chocolates and candies; just show your ID card. **Sears Automotive, NorthPark Mall:** Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil change; and \$69.95 wheel alignment.

Peachwave Frozen Yogurt:

Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount everyday to all military and veterans.

The Slice: Right off the Moline Bridge exit, is offering \$2 off their pizza buffet

with drink to Rock Island Arsenal workers. **Double Tap Firearms:** Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (📞). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (📞). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services (📞). **Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (📞). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Beck Avenue Closure: Between Aug. 18-21, Beck Avenue will be closed to through traffic for the installation of a gas main. Traffic from the Rock Island

Gate will be rerouted to Rodman Ave. Coming from the East on Beck Ave, through traffic will not be permitted, but local access to JMTC parking lots will be available.

Parking Lot 0J and Lot 3K Repair:

Phase II is nearing completion and opened for parking Aug. 8. The contractor began milling the south half of parking lot 3K and began curb and gutter work on Aug. 9. Phase III is expected to be completed in approximately 60 days depending on weather. The north half of 3K will remain open with access from the east off of Gillespie. Since April 28, the Directorate of Public Works resumed work on the repair of parking Lot 0J and 3K, which are located north of buildings 60, 62, 360, and 390. The overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of the lot 0J and repaving of the south half of Lot 3k. Work has been taking place in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers have been positioned at appropriate locations. The project is scheduled to be completed by **Sept. 1.**



Rock Island Viaduct Sidewalk Closed to Pedestrians:

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Upstream Sidewalk Closure on Government Bridge:

Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing

work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main,

and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from **Sept. 8 to Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.

←-----→

Building/Space Closures



Door Closure, Bldg. 102: The Directorate of Public Works has closed the Bldg. 102 west door on Rodman Ave. until further notice. The stairs leading to the door were determined unsafe. A project is funded to make repairs and the door will be reopened after the stairs are repaired. Signs, barricades, and caution tape are posted to warn pedestrians and prevent access.

←-----→

Active Duty/Reserve Zone





The Army Career Intermission Pilot Program:

The National Defense Authorization Act of 2009 gave Service Secretaries authority to implement a Career Intermission Pilot Program (CIPP). CIPP provides for a limited number of members to depart active duty for a designated period and later return without losing their career investment. High-performing commissioned officers, warrant officers, and enlisted personnel may request to leave active duty for a period up to three years or less and return to active duty. ([More](#))

Military Family Night: Attention Military Families, join Army Community Service Saturday, **Aug. 23**, 3-6 p.m., for their annual Family fun night at Longview Park and Whitewater Junction. Activities will include a water balloon toss, bean bag tournament, piñata, picnic dinner and swimming and water activities at Whitewater Junction and much more. The best part about all of this? It's all free to you. Reservations are required by **Aug. 16**. Call (309) 782-3049 or email Jennifer.a.kerr10.civ@mail.mil to RSVP. ([Flyer](#))

Military Spouse Night/Volunteer Recruitment:

Are you interested in learning about volunteer opportunities with Army Community Service or just want to meet other Military Spouses? Join us Tuesday, **Aug. 26**, 6-8 p.m., for a fun night of games, socializing and light refreshments. Please RSVP to Jan at (309) 782-4736 or Janice.n.saito.civ@mail.mil ([Flyer](#))

Safety Spotlight



Performance Triad and Back to School Month:

The readiness, health and resiliency of its force and families are a major priority for the Army and Army Medicine. To achieve success in these areas, Army Medicine created the Performance Triad (Sleep, Activity, and Nutrition), a health literacy and health promotion program that supports the Army's Ready and Resilient Campaign. The goal of the program is to positively impact the health, readiness and resiliency of Soldiers and the total Army family. The Performance Triad program supports the Army's Ready and Resilient Campaign with the intention to motivate individuals, units and families to be their best. When Soldiers and families focus on creating good habits of sleep, activity, and nutrition they are more

likely to sustain peak performance, readiness and health. ([More](#))

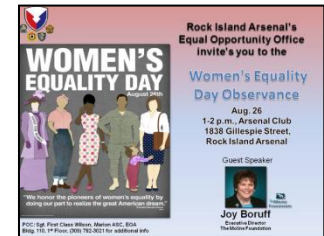
Equal Opportunity Focus



Women's Equality Day Observance:

The Rock Island Arsenal's Equal Opportunity Office invites you to the Women's Equality Day Observance on Tuesday,

Aug. 26, 1-2 p.m., in the Arsenal Club, Bldg. 60. The guest



speaker will be Joy Boruff, executive director, The Moline Foundation. On Aug. 26, 1920, after decades of organizing, agitating, and demonstrating, our country achieved a major victory for women's rights and American democracy. The 19th Amendment was certified, extending the vote to women and advancing our Nation's long journey toward full equality for all Americans. The ratification of the 19th Amendment paved the way for more women to participate in American politics—as leaders, candidates, voters, and volunteers. Today, women make up the majority of the electorate, and last year a record number of women were elected



to the United States Congress. On Women's Equality Day, we celebrate the progress that has been made, and renew our commitment to securing equal rights, freedoms, and opportunities for women everywhere. For additional information or accommodations please contact Sgt. First Class Marion Wilson, ASC, EOA, Bldg. 110 1st Floor, (309) 782-3021. ([Flyer](#))

Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

AMC Band Concert on the Lawn of Quarters One: Come see some of the most talented musicians in the Army Thursday, **Aug. 21**, at 6 p.m., as the Army Materiel Command band performs a one night only, free concert on the lawn of historic Quarters One. Food and beverage will be available from the Arsenal Clubhouse bar and grill so bring your lawn chair or blanket and enjoy this free concert

commemorating the 50th anniversary of the Vietnam War. Concert is open to the general public. [More info on the band is available on their Facebook page.](#) ([Flyer](#))

Paintless Dent Repair Service

Available at the Auto Shop: Back by popular demand the paintless dent repair technician will be available for repairs on **Aug. 21**. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call (309) 782-8631 for more information and to schedule an appointment. ([Flyer](#))

Punt, Pass & Kick Competition:

CYSS is hosting a local NFL Punt Pass and Kick competition Saturday, **Aug. 23**, at 10 a.m., for children aged 6-15. This is a free event for all children, military and civilian. Participants must [register online](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. The top finishers in each age group* will advance to a sectional competition. *Age divisions based upon child's age as of Dec. 31, 2014. ([Flyer](#))

Volunteers Needed for QC Marathon:

On Sunday, **Sept. 28**, the Quad Cities Marathon will travel through the Rock

Island Arsenal and we are looking for volunteers to help make this leg of the race run smoothly and successfully. We need lots of volunteers and no affiliation to the Army or Rock Island Arsenal is required so please feel free to share this notice far and wide with anyone who might want to volunteer. Please call Desiree at (309) 782-6789 for more info and to sign up.

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Stand Up Paddling Class:

Join Outdoor Recreation for a one hour class in the new sport of Stand Up Paddle Boarding on Monday, **Aug. 18**, at 7 p.m. Cost is only \$15 per person. To sign up or for complete details, contact Bob Lampert at (309) 782-8630.

Disney LIVE! Mickey's Musical

Adventure: Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, reggae, rock, country and much more. The irresistible lineup of performers, including Mickey, Minnie, Donald and Goofy; Ariel,



Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; are among the more than 25 Disney stars featured in this jam session fit for the entire family. Discounted tickets on sale until **Sept. 23** (Lower \$23 upper \$16). Two shows 4 p.m. and 7 p.m.

MWR Inside Sale: One man's junk is another man's treasure. Stop by to shop or rent a table and sell. No need to worry about the weather the Inside Sale will be located in Bldg. 60 Heritage Hall. Cost is \$5 per table.

Date: **Saturday, Sept. 13**

Time: **8 a.m. - 1 p.m.**

Galena Country Fair Bus Trip:

Galena Country Fair hosts more than 150 vendors offering original handmade items, crafts and fine art. Held in picturesque Grant Park overlooking historical Galena, Ill. Family fun includes children's games, live music, great food, silent auction and so much more. Limited seats available at \$41 each.

Date: **Saturday, Oct. 11**

Time: **8 a.m. - 7 p.m.**

QC River Bandits: MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are

redeemable at the QC River Bandits box office.

Six Flags Great America, Gurnee, Ill.:

The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

Adventureland: Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests including great water rides as well as a full complement of children's rides spread throughout the park. But the entertainment doesn't stop with rides - Adventureland presents a full array of shows in the park - from live music to magic to song and dance - there's always something to suit everyone's taste. Leisure Travel has discounted general one day admission tickets for the 2014 season, \$32 for adults and children.

Walt Disney Military Promotion

Tickets: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may

purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Davenport Cinemark 53rd 18 + IMAX

Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

Covenant Cottage Child Development

Home: [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free



respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Military Family Night: Attention Military Families, join Army Community Service Saturday, **Aug. 23**, 3-6 p.m., for their annual Family fun night at Longview Park and Whitewater Junction. Activities will include a water balloon toss, bean bag tournament, piñata, picnic dinner and swimming and water activities at Whitewater Junction and much more. The best part about all of this? It's all free to you. Reservations are required by **Aug. 16**. Call (309) 782-3049 or email

Jennifer.a.kerr10.civ@mail.mil to RSVP. ([Flyer](#))

CFPB Orders Amerisave to Pay \$19.3 Million for Bait-and-Switch Mortgage Scheme – Owner Patrick Markert to Pay Additional \$1.5 Million for Deceiving Consumers:

Today (Aug. 12), the Consumer Financial Protection Bureau took action against Amerisave Mortgage Corporation, its affiliate, Novo Appraisal Management Company, and the owner of both companies, Patrick Markert, for engaging in a deceptive bait- and-switch mortgage-lending scheme that harmed tens of thousands of consumers. The Bureau found that Amerisave lured consumers by advertising misleading interest rates, locked them in with costly up-front fees, failed to honor its advertised rates, and then illegally overcharged them for affiliated "third-party" services. Amerisave and Novo will provide \$14.8 million in refunds to harmed consumers and pay a \$4.5 million penalty. Patrick Markert, as an individual, will pay an additional \$1.5 million penalty. ([More](#))

Military Spouse Night/Volunteer Recruitment:

Are you interested in learning about volunteer opportunities with Army Community Service or just

want to meet other Military Spouses? Join us Tuesday, **Aug. 26**, 6-8 p.m., for a fun night of games, socializing and light refreshments. Please RSVP to Jan at (309) 782-4736 or Janice.n.saito.civ@mail.mil ([Flyer](#))

Discovery Time Playgroup: Military families with children ages 0-5, please join us 10 a.m. - 12 p.m. every Thursday for our weekly Discovery Time Playgroup where you and your child(ren) can meet and play with new friends, learn about the community and its resources and just have fun. The best part? It's all free to you! Check the MWR website www.riamwr.com/events/month for all June's activities. Call (309) 782-3049 for more info, no RSVP is necessary.

Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#).



The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Posttraumatic Stress Disorder –

August 2014: Posttraumatic Stress Disorder has been receiving greater attention in recent years as reports of the high incidence of the disorder among Soldiers returning from deployment in Iraq has increased awareness and research of this disorder. However, Soldiers are not the only people who can develop PTSD. PTSD affects approximately eight percent of the United States population, with between a quarter and one-third of people who experience a significant trauma developing PTSD (National Center for PTSD). Significant trauma is considered any event that is dangerous or upsetting such as an assault or violent attack, combat, natural disaster, or vehicle crash. Symptoms of PTSD, which can occur anytime after the event, include: re-experiencing the event, having recurring nightmares, avoiding reminders of the event, being less responsive, feeling detached and less interested in life activities, increased arousal, having angry outbursts, or difficulty sleeping (National Center for PTSD). The good news is if you or someone you know has been experiencing symptoms such as those

described above treatment is available. The Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling and referral services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. If you have any questions about PTSD, talk it over with a trained professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 23, Oct. 28, Nov. 25, and Dec. 16;** in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call (309) 782-2552.

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a time management class. Classes will be

taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 16, Oct. 21, Nov. 4, and Dec. 9,** in Bldg. 56, 1st Floor, Room 122. Sign up in TEDs (search key word "time management") or call (309) 782-2552.

Community Resiliency Academy

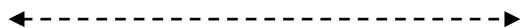
Announcement – Real Colors: Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Workshop Dates: **Sept. 17, Oct. 15, Nov. 12, and Dec. 10.** Sign up in TEDs (search key word "real colors") or for more information contact Lori Griffin at (309) 782-2551.

PTSD Support Groups: Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.



Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays from 3:00 until 4:00 in Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Bldg. 56, 1st Floor, East Wing.



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

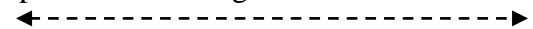
RIA Army Education Center Co-Hosting Employment-Education

Event: The U.S. Army Garrison Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **Sept. 17**, 10:30 a.m. - 1:30 p.m., in Heritage Hall, Bldg. 60. If you missed our last big event in April, mark your calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, Veteran Service Organizations to assist with resources and resume development and up to 20 local and online academic institutions in attendance to provide information regarding educational opportunities for Soldiers, veterans, family members and government employees. Please join us to learn more about educational opportunities and how they can benefit you. Point of Contact: Stephanie Allers, Guidance Counselor stephanie.e.allers.ctr@mail.mil or (309) 782-2065 for further information.

UIU-QCC: The Upper Iowa University-Quad Cities Center is pleased to announce the beginning of our Masters of Business Administration Program with courses held at the Quad Cities Center in Bettendorf and on-line. Classes meet one evening per week for an eight-week term or students have the flexibility to take courses on-line. Upper Iowa University has been named a

military- friendly university and is a participating institution in the Principles of Excellence and Yellow Ribbon programs. Students can receive military discounts along with other financial assistance. For more information about the MBA program or any of our Bachelor's programs contact the Quad Cities Center at (563) 359-7111 or www.uiu.edu/quadcities.

Save the Date: Webinars - Joint Services Transcripts and Military Transcript Evaluations: The American Council on Education announced 2014 dates for a webinar: »» Demystifying Military Evaluations Fridays, 2 p.m. EST (**Sept. 5**) [Register online](#) The webinar are free but do require registration. A link to the event will be provided after registration.



Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for



you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com (Facebook)

Shop Your Commissary For Back-To-School Savings and More: As summer fun fades to school bells, commissaries are prime destinations for families who want to save money on nutritious and easy-to-fix breakfast meals, lunches and afternoon snacks. "Everyone knows eating breakfast in the morning makes you more productive and is healthier," said Randy Chandler, the Defense Commissary Agency's director of sales. "Buying your breakfast items like cereal, milk and eggs from the commissary saves you money and helps start your children's day right." Throughout August, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Commissary patrons are also reminded to continually check the "Sales

& Events" [tab of the DeCA website](#) for the latest in promotional information.

Case Lot Sales Return to Stateside Commissaries Aug. 14 - Sept. 30: Case lot sales are back! With the unveiling of the Commissary Customer Appreciation Case Lot Sale, the Defense Commissary Agency brings back the popular sales event for its stateside stores. Each commissary will hold a two-to-three-day event from Aug. 14 to Sept. 30. Case lot sales feature a multitude of items, some at savings of 50 percent or more, in full cases and in the club pack format found in off-base club warehouse stores. ([Schedule of case lot sales](#))

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Croquet Tournament Fundraiser to Help Historic House: Step back in time for the third annual Colonel's Croquet Party on Saturday, Aug. 23, on Arsenal

Island at 2 p.m. Don your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One. Croquet equipment will be provided. There will be hors d'oeuvres and drinks served al fresco at Quarters One. No-host bar available. Creekside Vineyards Winery in Coal Valley, Ill., will provide a complimentary wine tasting. Attendees also receive a complimentary guided tour of the Colonel Davenport House. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. For more information or to purchase tickets, contact Jessica Waytenick at (309) 737-4280 or purchase tickets online at www.davenporthouse.org.

This Week in Rock Island Arsenal History – Aug. 11-17: In August 1927, Charles Lindbergh visited the RIA and stayed overnight in Quarters One and toured the shops. On Aug. 13, 1863, Major Charles P. Kingsbury arrived at Rock Island to assume his duties of constructing and commanding the Rock Island Arsenal. On Aug. 15, 1945, V-J Day, Japan surrendered unconditionally to end World War II. During World War I in the month of August 1918, the Rev. M. E. Krotzer, Presbyterian from



LeClaire, Iowa, spent his vacation at the RIA working as an inspector in Shop O, a patriotic measure.

Healthbeat

National Immunization & Influenza Awareness: The month of August has been designated as National Immunization & Influenza Awareness Month. It is critically important that every Soldier, family member, Department of the Army civilian and health beneficiary receive all required immunizations. This includes yearly influenza immunizations to ensure the Army is a healthy and mission-ready force. In the U.S., influenza results in more than 25 million reported cases, 150,000 hospitalizations due to serious complications and more than 30,000 deaths annually. Immunization is the primary method for preventing influenza and its complications. ([More](#))

RIAHC Announcement: The Rock Island Arsenal Health Clinic will be closed the afternoon of Thursday, **Aug. 28**, from 11:30 a.m. until COB for mandatory training. We will be open on the training holiday, Friday, **Aug. 29**, for urgent appointments.

Notes for Veterans

VA Announces New Grants to Help End Veterans Homelessness: Secretary of Veterans Affairs Robert A. McDonald today announced the award of approximately \$300 million in grants that will help approximately 115,000 homeless and at-risk Veterans and their families. The grants will be distributed to 301 community agencies in all 50 states, the District of Columbia, Puerto Rico and the Virgin Islands. Under the Supportive Services for Veteran Families program, the Department of Veterans Affairs is awarding grants to private non-profit organizations and consumer cooperatives that provide services to very low-income Veteran families living in – or transitioning to – permanent housing. Those community organizations provide a range of services that promote housing stability among eligible very low income Veteran families (those making less than 50 percent of the area median income). The grants announced today will fund the fourth year of the SSVF program. ([More](#))

VA Expands Patient-Centered Community Care (PC3) Contracts to Provide Access to Primary Care: The

Department of Veterans Affairs (VA) announced today that primary care has been added to the services available to Veterans through VA's Patient-Centered Community Care (PC3) contracts, a key and evolving part of the non-VA medical care program. Eligible Veterans are already able to access inpatient specialty care, outpatient specialty care, mental health care, limited emergency care and limited newborn care for female Veterans following childbirth under PC3. "With the addition of primary care services, VA Medical Centers can now use PC3 to provide additional types of care in order to reduce wait times," said Secretary of Veterans Affairs Robert A. McDonald. "This modification is another example of how we are working to ensure Veterans get the care they need, when they need it and where they want to be seen." ([More](#))

Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.



Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Car Pool:** I am interested in carpooling several times per week, beginning July 7 from Muscatine. I am flexible on work hours. Please contact me at ext. 2-1559 or (563) 676-0555.
- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.

Around the Q.C.



Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)

Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 16: [Graduation Destination, Take the Journey, Finish It!](#) (River's Edge, 700 West River Drive, Davenport)

Aug. 16: [Quad City Strength & Fitness Expo](#) (RiverCenter, Davenport)

Aug. 16: [Village Wine Walk](#) (Village of East Davenport)

Aug. 19: [Hot Bike Tour](#) (Isle Casino Hotel, Bettendorf)

Aug. 21: [AMC Band Concert on the Lawn, 6-8 p.m.](#) (Quarters One, Rock Island Arsenal)

Aug. 22-24: [Tribute to Our Fallen](#) (Davenport Memorial Park)

Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)

Aug. 23: [Colonel's Croquet Party](#) (COL Davenport House, Rock Island Arsenal)

Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

Aug. 23: [Trivia at St. Alban's Episcopal Church](#) (3510 W Central Park, Davenport)

Aug. 23-24: [Antique Tractor Show](#) (Village of East Davenport)

Aug. 30: [Pontiac Fiero Car Show](#) (Village of East Davenport)

Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 13: [Taming of the Slough](#) (Empire Park, East Moline)

Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Sept. 13: [50th Anniversary of the start of the Vietnam War dinner, hosted by the local U.S. Navy Seabee Vietnam Veterans of America](#) (4 p.m., American Legion, Moline)

Sept. 19: [National POW/MIA Recognition Day Ceremony](#) (10 a.m., POW/MIA Marker, Rodman Ave., Rock Island Arsenal)

Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 20: [15th Annual WQPT Brew Ha Ha](#)

Sept. 20: [SAU Killer Bee 5K Run/Walk](#) (Rogalski Center, Davenport)

Sept. 20: [Walk with Travis](#) (Scott County Park's Whispering Pines Shelter, Davenport)

Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 28: [17th Annual Quad Cities Marathon](#)

Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 4: [Night of the Running Dead 5K](#) (Davenport)

Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)

Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)

Oct. 23: [Fright Night](#) (The District, Rock Island)

Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)



Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Oct. 25-26: [2nd Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight

Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the

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Taken at face value?
It might not be worth much.

The Face of Indiscipline
 He's an expert marksman with every assigned weapon. He's also spent many a day and night on the range as a soldier. The men and women in his platoon admire and respect him. He's known to throw a few back on the weekends. You'll never see him climb behind the wheel of his car after he's been drinking, but it's not uncommon to find him showing off his four handguns at every opportunity when he and his battle buddies get together on the weekends. He's a beer and a bullet away from a life-changing event, yet no one sees it.

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formations. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental injuries and fatalities, knowledge is the weapon of choice.

know the signs
 DO WHAT'S RIGHT

U.S. ARMY
 ARMY STRONG

U.S. ARMY COMBAT READINESS SAFETY CENTER
<https://safety.army.mil>

FEELIN' TEXTY?

HIDE THE TEMPTATION BEFORE DRIVING! PUT THAT PHONE OUTTA SIGHT!

At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010. In 2012 alone, 3,328 people died on US roadways in distracted driving crashes, and an estimated 421,000 were injured in motor vehicle crashes involving a distracted driver.

Texting while driving creates a crash risk 23 times worse than driving while not distracted.

PROTECT YOURSELF AND YOUR BATTLE BUDDIES!

Practice Safe Text!

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<https://safety.army.mil>

